

# GET ACTIVE!

It's easy. Here's how...

✓ Check with your doctor when starting to run. This is *especially* important if you or your family have any heart problems, high blood pressure, high cholesterol, breathing problems, diabetes, or if you are overweight or smoke.

✓ Get well-fitting, well-cushioned running or cross-training shoes. If you run less than 10 miles a week and don't have a history of sports injuries, most entry-level running shoes will work for you. A specialty shoe store with knowledgeable salespeople can help you find a shoe made for your needs. Or send a self-addressed, stamped envelope to American Running to get our Running Shoe Database Questionnaire.

✓ Wear comfortable, loose-fitting clothes. If the temperature is cool, dress in layers to strip down as you warm up.

✓ Ask a friend to join you. When getting started, it sometimes helps to find a friend to work out with. You'll motivate each other.

✓ Schedule time for your workouts — mark it on your calendar. If you set aside a definite time to exercise, you'll be more likely to keep the commitment.

✓ Keep a log. You'll be surprised and proud of how much you are doing. It also makes it easier to track your progress.

# Easy 12-Week Walk/Run Program!

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
1	Walk 15 min. Vary your pace. Try not to stop.	Walk 5 min. Run 1. (Repeat for a total of 17 min.) Walk 5.	Walk 15 min. Vary your pace. Try not to stop.	Walk 5 min. Run 1. (Repeat for a total of 17 min.) Walk 5.	Walk 15 min. Vary your pace. Try not to stop.	Walk 5 min. Run 1. (Repeat for a total of 17 min.) Walk 5.	Rest!
2	Walk 15 min. Run 1. Walk 2.	Walk 5 min. Run 3. (Repeat for a total of 21 min.) Walk 5.	Walk 15 min. Run 1. Walk 2.	Walk 5 min. Run 3. (Repeat for a total of 21 min.) Walk 5.	Walk 15 min. Run 1. Walk 2.	Walk 5 min. Run 3. (Repeat for a total of 21 min.) Walk 5.	Rest!
3	Walk 15 min. Run 1. Walk 2.	Walk 6 min. Run 4. (Repeat for a total of 26 min.) Walk 5.	Walk 15 min. Run 1. Walk 2.	Walk 6 min. Run 4. (Repeat for a total of 26 min.) Walk 5.	Walk 15 min. Run 1. Walk 2.	Walk 6 min. Run 4. (Repeat for a total of 26 min.) Walk 5.	Rest!
4	Walk 15 min. Run 2. Walk 4.	Walk 3 min. Run 2. (Repeat for a total of 30 min.) Walk 5.	Walk 15 min. Run 2. Walk 4.	Walk 3 min. Run 2. (Repeat for a total of 30 min.) Walk 5.	Walk 15 min. Run 2. Walk 4.	Walk 3 min. Run 2. (Repeat for a total of 30 min.) Walk 5.	Rest!
5	Walk 15 min. Run 2. Walk 4.	Walk 5 min. Run 5. (Repeat for a total of 35 min.) Walk 5.	Walk 15 min. Run 2. Walk 4.	Walk 5 min. Run 5. (Repeat for a total of 35 min.) Walk 5.	Walk 15 min. Run 2. Walk 4.	Walk 5 min. Run 5. (Repeat for a total of 35 min.) Walk 5.	Rest!
6	Walk 30 min.	Walk 4 min. Run 6. (Repeat twice.) Walk 5.	Walk 30 min.	Walk 4 min. Run 6. (Repeat twice.) Walk 5.	Walk 30 min.	Walk 4 min. Run 6. (Repeat twice.) Walk 5.	Rest!
7	Walk 30 min.	Walk 4 min. Run 6. (Repeat twice.) Walk 5.	Walk 5 min. Run 10. Walk 5.	Walk 4 min. Run 6. (Repeat twice.) Walk 5.	Walk 5 min. Run 10. Walk 5.	Walk 4 min. Run 6. (Repeat twice.) Walk 5.	Rest!
8	Walk 30 min.	Walk 2 min. Run 1. (Repeat 9 times.) Walk 5.	Walk 5 min. Run 15. Walk 5.	Walk 2 min. Run 1. (Repeat 9 times.) Walk 5.	Walk 5 min. Run 15. Walk 5.	Walk 2 min. Run 1. (Repeat 9 times.) Walk 5.	Rest!
9	Walk 30 min.	Walk 1 min. Run 30 sec. (Repeat 20 times.) Walk 5.	Walk 5 min. Run 20. Walk 5.	Walk 1 min. Run 30 sec. (Repeat 20 times.) Walk 5.	Walk 5 min. Run 20. Walk 5.	Walk 1 min. Run 30 sec. (Repeat 20 times.) Walk 5.	Rest!
10	Walk 5 min. Run 20. Walk 5.	Walk 15 min.	Walk 5 min. Run 20. Walk 5.	Walk 15 min.	Walk 5 min. Run 20. Walk 5.	Walk 15 min.	Rest!
11	Walk 5 min. Run 25. Walk 5.	Walk 15 min.	Walk 5 min. Run 25. Walk 5.	Walk 15 min.	Walk 5 min. Run 25. Walk 5.	Walk 15 min.	Rest!
12	Walk 5 min. Run 30. Walk 5.	Walk 15 min.	Walk 5 min. Run 30. Walk 5.	Walk 15 min.	Walk 5 min. Run 30. Walk 5.	Walk 15 min.	Rest!

# GET FIT!

Warm up for five to 10 minutes before exercising by doing light activity (so that your heart beats faster, your breathing gets heavier, and you begin to get sweaty).

Many athletes stretch their muscles after warming up. For walking or running, stretch the front of your thighs (quadriceps), back of your thighs (hamstrings), and back of your lower legs (calves). It may feel good to also stretch your back and hips. Hold each stretch, with no bouncing, for about 20 to 30 seconds.

Cool down slowly after your workout. Your heart should beat slower while your breathing gets easier. It is important to stretch the muscles you used in running after exercise to prevent your muscles from tightening up.

Don't become dehydrated. Drink six to eight glasses of fluids (water, sports drinks with a 6% to 7% carbohydrate concentration, or diluted fruit juices) throughout the day. About 15 to 30 minutes before exercise, drink four to eight ounces of fluid. During exercise, drink four to eight ounces of fluid at 15 minute intervals. After exercise, drink at least eight to 16 ounces of fluid. To find out if you're drinking enough, check your urine. It should be clear throughout most of the day.

Listen to your body. If you are sore, skip an exercise session. If you are still sore after resting, call American Running for advice or for the name of a sports medicine professional in your neighborhood.

## Join the American Running Association!

Each month you'll receive "Running & FitNews," a newsletter crammed with sensible, informative and up-to-date sports information that will keep you on the right track.

Plus, you'll receive free medical information, discounts, personalized training schedules and more!

For information about becoming an American Running member, call 1-800-776-2732 or write to

the American Running Association, 4405 East West Highway, Suite 405, Bethesda, MD 20814.

FAX 301-913-9520, e-mail:

[run@americanrunning.org](mailto:run@americanrunning.org), or visit:

[www.americanrunning.org](http://www.americanrunning.org).

# RUN!

## Your Way to Fitness

Do you want to improve your health and get fit? Try running! People who are active not only feel better and have more energy than their couch-potato friends, but are more likely to be healthier.

Running reduces your risk of developing heart disease, high blood pressure, diabetes, several types of cancer, and even the common cold. It improves your cardiorespiratory health, making it easier to do everyday tasks such as climbing stairs or keeping up with an active child. And if it's weight you're worried about, running can burn that excess body fat and create a leaner you!